



**JENNY SPANGLER**  
R A C I N G

## **JSR Team News:** *July through September 2017*

### **Happy Fall, everyone!**

This is the season where it all comes together. All of our hard work throughout the year hopefully results in us peaking right at our targeted race. We're fit, thin from all the mileage, and ready to run an A race. We're also ready to celebrate after the long season with some Oktoberfest beers, Cubs playoffs games, and even some Bears wins (hopefully more than one). And then the next training cycle will start, as many of us look forward to Boston next April.

Our team has been working hard – either training for their A race, or getting fit or healthy again. We've got some great results and an epic road trip to tell you about. We're also up close and personal with Mesh and Falcone, and Jenny gives a must read preview of the elite women racing the Chicago Marathon. And we now have a new member of the JSR family!



JSR tackles Magnolia Road, in Boulder, Colorado



### **Team News**

The latest, breaking news is that we have invited Dan Bergeson and Nathan Pavlik to join our team, and both have just accepted! So please welcome Dan and Nathan to the team. As you know, both have been joining us for track and other runs, and both are very impressive runners and good people. We'll do a full written introduction for Dan and Nathan in our next newsletter but, in the meantime, please extend your personal welcome to them next time you see them.



Nathan wins the Lycee Oui Run 5K, in 16:09!



## Elle Giulia Burgess

Almost as late and breaking is the arrival of our newest JSR family member, Elle Giulia Burgess! Elle arrived on September 26<sup>th</sup>, just before 2am. In other words, the 26<sup>th</sup> day of the month, at just before the 2<sup>nd</sup> hour (26.2!). The running gods might be sending us a sign. Congratulations to Jim and Kristine on their new addition to the family!

Also, congrats to Meshelle Rich for winning our baby pool. Mesh's pick was a mere nine minutes away from the actual delivery time! Mesh wins a \$30 Starbucks card for her winning pick.



There was also plenty of racing this third quarter. It started with some impressive racing over the 4th of July weekend. Brian Falcone snagged two PRs in one weekend, racing the Kenosha Firecracker 10K in 35:34 (2<sup>nd</sup> OA, 1<sup>st</sup> AG), and then racing the Somer's Heroes Mile two days later in a quick 4:56.

At 4 on the 4th in Elmhurst, Mike Marty led the way with a new PR of 22:32 – good enough for 2nd in the M40-44 age group. Dave Z. was next with a speedy 23:06, finishing 3rd in his age group behind Mike. Josh was next, with a very solid 24:13 for the hilly four mile course. Amanda finished in a very strong 25:38, taking 3<sup>rd</sup> in the F20-24 age group. In Arlington Heights, Kevin raced the Frontier Days 5K in a speedy 19:29, finishing first in his age group.

Later in July, Falcone raced the Pete's Sake 5K in mid-July in 16:58 (2<sup>nd</sup> OA), and finished a busy month of racing by winning the Newport Craft Brew Races 5K in a time of 16:30, crushing his old 5K PR. At the Bix 7 miler in Davenport, Iowa, Dave Z. ran his second best time of 41:15 on the hilly course, finishing 3<sup>rd</sup> in his age group.





# 5K FINISH



In August, Steve raced the Gurnee Days 10K and, as the only JSR member there to race, took first place in 37:15. Falcone raced the Badgerland Striders Half Marathon in 1:16:50, finishing 10<sup>th</sup> overall and 2<sup>nd</sup> in his age group in an impressively deep field.



Jason had a busy September, racing on

the CARA circuit. He raced at the Buffalo Grove Stampede 5K, finishing in 17:04, taking 1<sup>st</sup> in his age group. He then raced the Alpine Half Marathon in 1:25:56, finishing 3<sup>rd</sup> in his age group. He finished the month by racing the Lycee Oui Run 5K in 17:01, taking 5<sup>th</sup> overall (2<sup>nd</sup> in age group).



Trey competed at the Ironman 70.3 World Championship in Chattanooga, finishing in 4:53:10, with a solid 1:30:09 for the 13.1 mile run. Later in September, he raced the Kevin J. Lederer Run for Life 5k, pushing Liam and Nora in the double stroller, and winning with a new 5K (double stroller) PR of 18:09.

Dave raced the Roar Run 5K in Gurnee in 17:45, finishing first overall. Kevin closed out the racing for the quarter, running the District 211 5K in Palatine, finishing in 19:39, fast enough for 6<sup>th</sup> overall and an easy 1<sup>st</sup> in his age group.

Great job to all of our racers!



### **In the Spotlight: Meshelle Rich and Brian Falcone**

Switching it up a bit from our normal Q&As, here are twenty random facts about Mesh, in her own words:

1. I don't think I ever ran farther than a mile until college. I played tennis and soccer growing up.
2. My favorite sport (besides running) is snowboarding. I love the mountains! I've been a certified Pilates instructor since 2013 . . . but haven't taught in over a year.
3. Believe it or not, I don't lift weights. I'm not against it, I just don't enjoy it. I'd rather do my PT and core exercises.
4. I met Josh as a CARA group leader for the Chicago Marathon in 2006.
5. I'm pretty sure Josh has more running shoes than anyone I know. I lost count around 31. And that's not counting his stash at work!
6. I've run 19 marathons in only 5 different cities. CIM, Rock N Roll AZ, Boston, Chicago, and Grandma's.
7. I've only had 6 marathon PRs, but 4 of those were at CIM. For three of those, Josh ran at least part of the course with me. He's my biggest support.
8. My favorite marathon experience was Boston 2007 because Josh and I ran in the rain with a waterproof camera and no watch. Our only goals were to have fun and finish. We took a picture with me on his back about halfway.
9. My gel of choice is PowerGel Strawberry Banana or Double Latte. I usually take 5 gels every marathon: one at the start, then one every 5 miles.
10. The coolest race I've done was the Big Sur 21 Miler because we started 5 miles in front of the marathoners and didn't catch the half marathoners until a few miles before the finish. We had Hwy 1 all to ourselves for miles with no one in sight! It was beautiful!

11. My favorite distance to race is the half marathon. My least favorite is the 5K. It just hurts. A lot.
12. My favorite workout is the continuous 800/3 mile/800/3 mile/800 alternating 10K and MP. I dread it but I also love it. If I can nail this, there's no better confidence boost.
13. I love the track. I could do all my track workouts alone. There's something I love about the oval office.
14. Long tempos scare me. I would always prefer to have someone to run these with me. I'd always pick repeats or intervals over a straight even paced tempo. Gear shifting distracts me in a good way.
15. Over the past couple of years, Wendy (Jaehn) has become my sister-in-training. We've logged a LOT of miles together, especially tough workouts. We hold each other accountable and always motivate each other to finish (and never give up)!
16. I'm a game day performer. I race much better than I train. I believe in not being greedy but being confident and going for it. If you're afraid to fail, you might never succeed. There's always another race, so put it all out there.
17. My running mantra is usually "stay relaxed" or "find your rhythm". I love the mental aspect of racing.
18. I am usually holding back tears when they play the national anthem at a race. I love the energy, whether racing or spectating! Everyone is there for a different reason.
19. I love my coach. Jenny and I have great communication and respect for each other. She's very kind, patient and understanding.
20. JSR is like family to me. The support from the team is amazing. Many of the guys have either paced me in races or joined in hard workouts. Everyone wants to help everyone be their best. I'm very grateful to be a part of this team!



## Q&As with Brian Falcone

### How is your training going?

This past spring, I spent a lot of time on the track doing speedwork, and I PR'd in the 5K in July (16:30). My previous PR was 16:52, which according to many running calculators, was slow for where I wanted to be with my marathon. So starting up the fall marathon training, I was feeling really confident. Then I got into a funk. Not sure if it was the summer temps, humidity, or just the high mileage; but my legs were dead for 75% of the training. I got in all the mileage, but the workouts were tough and I didn't hit the times I wanted. I was only within the last 2-3 weeks that I'm starting to feel pretty good on my runs. I was able to run a few weeks in the 100s and now I've started the taper, so we will find out in October what kind of shape I'm in.

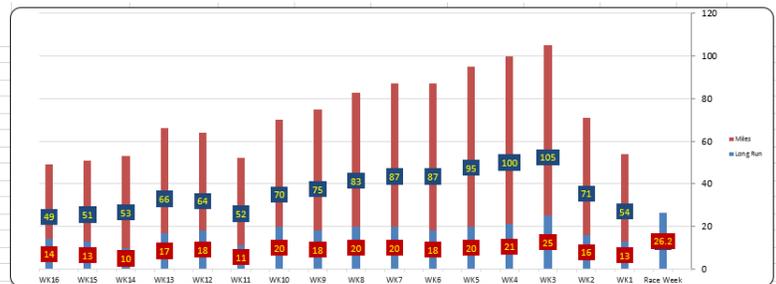
## Have you tried anything new in your training or coaching lately?

I've always been consistent in going to the gym to do upper body weights. I have thrown in some legs and core occasionally, but not as often as I should. During this training cycle, I've incorporated core workouts daily for the entire 16 weeks. This may have been part of the reason I've had tired legs, but I have not had any back issues and I feel stronger now at this point in my training, than I ever have before a marathon.

## How do you find motivation with a busy schedule / having been injured?

I keep a detailed training schedule that has evolved over the years. After each marathon (26 so far), I write down what went well and what went wrong, and then adjust the plan accordingly. I believe that this not only keeps me motivated, but also keeps me injury free.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Long Run	Plan Total	% change
WK16	6/12/2017 6	6/13/2017 6	6/14/2017 5	6/15/2017 5	6/16/2017 0	6/17/2017 13	6/18/2017 14	14	49	#REF!
WK15	6/19/2017 6	6/20/2017 8	6/21/2017 0	6/22/2017 8	6/23/2017 6	6/24/2017 10	6/25/2017 13	13	51	4.1%
WK14	6/26/2017 7	6/27/2017 8	6/28/2017 0	6/29/2017 10	6/30/2017 9	7/1/2017 9	7/2/2017 10	10	53	3.9%
WK13	7/3/2017 9	7/4/2017 4	7/5/2017 10	7/6/2017 10	7/7/2017 8	7/8/2017 8	7/9/2017 17	17	66	24.5%
WK12	7/10/2017 10	7/11/2017 8	7/12/2017 8	7/13/2017 7	7/14/2017 4	7/15/2017 9	7/16/2017 18	18	64	-3.0%
WK11	7/17/2017 10	7/18/2017 0	7/19/2017 8	7/20/2017 8	7/21/2017 8	7/22/2017 7	7/23/2017 11	11	52	-18.8%
WK10	7/24/2017 0	7/25/2017 9	7/26/2017 10	7/27/2017 7	7/28/2017 11	7/29/2017 13	7/30/2017 20	20	70	34.6%
WK9	7/31/2017 10	8/1/2017 11	8/2/2017 6	8/3/2017 10	8/4/2017 8	8/5/2017 12	8/6/2017 18	18	75	7.1%
WK8	8/7/2017 11	8/8/2017 12	8/9/2017 6	8/10/2017 12	8/11/2017 10	8/12/2017 12	8/13/2017 20	20	83	10.7%
WK7	8/14/2017 8	8/15/2017 13	8/16/2017 11	8/17/2017 10	8/18/2017 13	8/19/2017 12	8/20/2017 20	20	87	4.8%
WK6	8/21/2017 12	8/22/2017 10	8/23/2017 9	8/24/2017 6	8/25/2017 0	8/26/2017 18	8/27/2017 15	18	87	0.0%
WK5	8/28/2017 14	8/29/2017 10	8/30/2017 14	8/31/2017 14	9/1/2017 11	9/2/2017 12	9/3/2017 20	20	95	9.2%
WK4	9/4/2017 15	9/5/2017 13	9/6/2017 14	9/7/2017 16	9/8/2017 12	9/9/2017 9	9/10/2017 21	21	100	5.3%
WK3	9/11/2017 12	9/12/2017 17	9/13/2017 13	9/14/2017 12	9/15/2017 12	9/16/2017 14	9/17/2017 25	25	105	5.0%
WK2	9/18/2017 12	9/19/2017 10	9/20/2017 7	9/21/2017 10	9/22/2017 6	9/23/2017 10	9/24/2017 16	16	71	
WK1	9/25/2017 8	9/26/2017 7	9/27/2017 7	9/28/2017 6	9/29/2017 7	9/30/2017 6	10/1/2017 13	13	54	
Race Week	10/2/2017 6	10/3/2017 6	10/4/2017 3	10/5/2017 6	10/6/2017 0	10/7/2017 4	10/8/2017 26.2	26.2	25	
									1187	



Avg. miles (last 10 weeks)	Taper		
	85%	65%	30%
84	71	54	25

## What's your favorite food/beverage after a run?

My family/work schedule doesn't allow me to have a consistent running schedule. So I get in my runs before work, during lunch, or after work, depending on the day. This means I'm usually eating quickly after my run, so I can get onto the next meeting. My daily diet consists of eggs for breakfast, yogurt snacks, protein shakes, and chicken/pork with veggies for dinner. Pretty boring stuff. The only exception is pizza Tuesdays...and the weekends. But if I had to choose one thing that I really enjoy after a run, it would be a good beer.

## What's new in your life that JSR members might not know about?

My son started his freshman year of college at UW Madison. I was a young father and didn't get the opportunity to go off to college, so I'm extremely proud, excited, and nervous.

## What are your plans for Chicago?

The goal is 2:37. I'll start out 6:15 pace for a couple of miles, and then settle into 6:00 through mile 21. After that, I'll work down to 5:55 pace for the last 5 miles. We will see.



Rollinsville, Colorado (elevation 9,000 feet)

## Boulder Trip 2017 (aka, Real World, Boulder, 2017)

What happens when you take five serious Midwestern runners on 1,000+ mile road trip to Boulder, Colorado, put them up in a million dollar Airbnb and force them to eat and drink nothing but Whole Foods, local craft beer and gourmet coffee for a week? Hilarity ensues, of course! That and some great training and good times.



Our party of five (Jim, Kristine, Brian, Amanda and Steve) boarded Susan's minivan for the 16+ hour road trip to Boulder, where we met JSR friends Sean and Rachel Hyland, who flew in from Boston. Rachel, who raced the marathon trials in 2016, is originally from Lake Bluff, and was coached by Jenny and Miki when she lived here. Jenny, Miki and Kelli also made the trip out to Colorado, staying in Fort Collins with Kristina and David, and met up with us for some runs and socializing.

While there, we had some magical (although incredibly difficult) runs at the famous Magnolia Road, Rollinsville (up to 9,228 feet elevation), the Reservoir, and Boulder Creek. Boulder is a Mecca of running, and we quickly learned why. The place is perfect for those who love a healthy, outdoor lifestyle, with the added challenge of being at elevation. Everyone in town looks fit, and we even ran into and chatted with one famous elite (Becky Wade) while checking out the Pearl Street mall. Below are some pics from one of our Magnolia Road runs. It starts at just over 8,000 feet and gradually climbs to around 8,700 feet, with rolling hills (and one killer that is 3/4 of a mile long).



We ran Magnolia road twice, and Brian and Rachel even ran their long run on it on a warm day. But, even at their fast pace, the Strava segment record was completely safe.

When we weren't running, cooking or eating, we were either chilling to music at the house or out taking advantage of the fun that Boulder offers. One fun group activity for us was completing two escape rooms. Escape rooms are team challenges where groups of eight are locked into a room full of clues, working together to find a way to escape within 60 minutes, while employees monitor the team's progress with video cameras and offer tips when necessary. Many groups don't make it out in the allotted time. But



being a group of competitive, smart runners, we of course we weren't going to let that happen to us! Amanda quickly proved to be a master problem solver, taking charge and finding the relevant clues while instinctively discarding the red herrings, and leading us to an escape in close to record time (we were fourth fastest ever, just missing having our names being added to the record board). It was so much fun that we decided to return the next evening to try another, even more challenging room, which we were told only about 1/4 of the groups finish successfully. On the next night, we performed even better as a team (some of us who were dead weight on the first night stepped up), and were on pace to break the record until the very end. We finished with the fourth fastest time, again, just missing the podium. It was a lot of fun, and we're hoping we can do other escape rooms around here.



When you're in Boulder with a full-time designated driver (thanks, Kristine!), you obviously have to hit one of the local breweries. And we did just that, at Avery Brewing, for some pre-escape room food and beer. I think we were all fans of this place -- the food was great, and the beer selection had something for everyone.

### **Mountain climbing**

On Friday of our week, we drove over near Breckenridge to hike up Grays Peak and

Torrey Peak, two area "14ers." We arrived at the foot of the mountain, where the paved road ended, and then had to drive another few miles or so up a very steep, very rocky "road," which was horrifying in our minivan. Most vehicles at the top were big SUVs, trucks or Jeeps (and, amazingly, one low riding Honda Civic). We made it to the top of the road and bottom of the trail without puncturing our gas tank, and started our trek along with Jenny, Miki, Kelli, David, Kristina, and their dog Jorga. Brian and Jim took off at a blistering pace and were able to summit both peaks. Amanda, Rachel and Steve hung back a little, with Amanda reaching the top of Grays next.



Rachel and Steve turned around after reaching just over 13,000 feet, as Rachel was a little concerned about the hike impacting her marathon training, and chose to exercise caution. We passed Jenny and crew on the way down, and they all made it to the top of Grays (very impressive!).



Other highlights of our trip included taking a post-run dip in Boulder Creek, cooking pizza in a wood burning oven at the airbnb, watching Dunkirk, sharing favorite recipes, eating out at Illegal Pete's, and drinking a variety of local beer courtesy of Uncle Carl (thanks, Carl!). Lowlights included being startled awake at 5am by the house's carbon monoxide detector (long story, ask one of us about it), Brian losing an entire post-long run egg and sausage sandwich by leaving it on the van roof as we left

the restaurant, Steve getting stung on the bottom of his foot at Boulder Creek, and the crazy long drive home through a wicked storm in Nebraska.

As I type this two months later, I realize how much fun it was and how much I look forward to doing it again. Stay tuned for Real World, Boston 2018!

### **Coach's Corner – THREE WOMEN TO WATCH ON OCTOBER 8TH**

For this edition's Coach's Corner, Jenny gives us a preview of some of the top women to watch at the upcoming Chicago Marathon.

#### **Tirunesh Dibaba**

Paula Radcliffe set the Chicago Marathon course record (and world record at the time) in 2002 with a 2:17:18. Tirunesh is the first female competitor since that race that has a legitimate shot at breaking this long standing record. Following are a few of her accomplishments:

- 2<sup>nd</sup> place London Marathon, April 2017. Time: 2:17:56 (3<sup>rd</sup> fastest female marathoner of all time)
- 2<sup>nd</sup> place IAAF World Championships 10,000 meters, August 2017. Time: 31:02
- Half Marathon Personal Best – February 2017. Time: 1:06:50
- 10,000 meter Gold Medalist at both the London 2012 and Beijing 2008 Olympics



Tirunesh was born in the village of Bekoji. She is committed to helping the Ethiopian women make progress in both professional sport and industry. She founded the Tirunesh Hotel in the Ethiopia capital, Addis Ababa, which created approximately 1,000 local jobs. "I want to be an icon in athletics," Tirunesh states, "but also in business for the women in my country."

#### **Florence Kiplagat**

Florence is hoping for a Chicago Marathon "three-peat," as she won in both 2015 and 2016. As with Tirunesh, she has an extremely impressive list of racing accomplishments:

- 1<sup>st</sup> place Barcelona Half Marathon, February 2015. Time: 1:05:09 (world record at the time but it has since been broken)

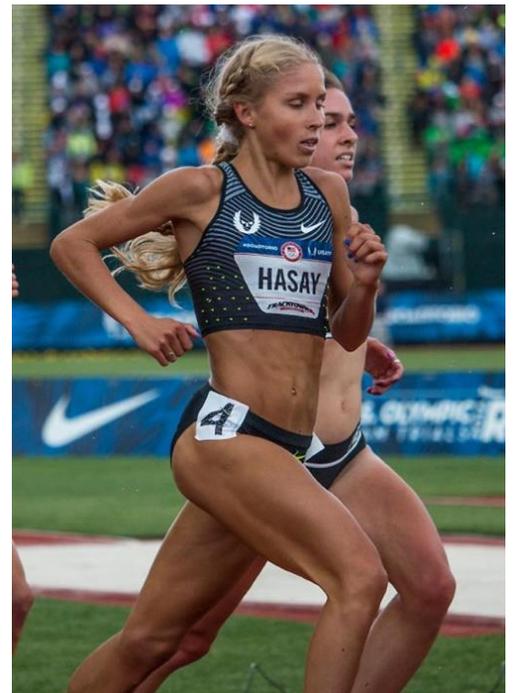


- Marathon Personal Best – Berlin 2011. Time: 2:19:44
- 2009 IAAF World Cross-Country Champion
- 2010 IAAF World Half Marathon Champion
- 2011 and 2013 Berlin Marathon Champion

Florence is from Kenya and married to Moses (“Moatsey”) Mosop, who is a former Chicago Marathon course record holder. Although her marathon best is from 2011 and two minutes slower than the PR of Tirunesh, Florence knows the streets of Chicago and always races well here. If the weather is less than ideal and Tirunesh decides to hang out with the front group instead of going for the course record than it could make for an exciting race!

### **Jordan Hasay**

Jordan has the fourth fastest personal best in the field with a stunning 2:23 at Boston this year. This remarkable time on a hilly course on a warm day is the FASTEST debut by an American woman by almost 3 minutes. Equally impressive is that on April 1<sup>st</sup> of this year right before Boston, Jordan ran the third fastest time ever by an American woman in the half marathon with a 1:07:55 at the Prague Half Marathon (Only Molly Huddle and Deena Kastor have run faster). Her track speed (she competed in the 1500 at the 2008 Olympic Trials as a high school runner) bodes well for this flat fast Chicago course. I spoke with Joan Benoit Samuelson a few weeks ago about Jordan and according to Joanie: Jordan is the next Deena Kastor. There have been many cases where the first marathon is your fastest, but considering her talent and training with the Nike Oregon Project, I suspect she has faster marathon running ahead of her.



*P.S. Galen Rupp has family from Maywood, IL and is a HUGE Cubs fan!!!*

### **Race Calendar**

Here are the remaining races on the JSR race calendar for 2017:

Chicago Marathon, October 8

Swinging Bridge Trail Race 8K, October 15

Lake Bluff Pumpkin Chase 5K, October 28

Illinois Club XC Invite 5K, Sunday, November 11

### **Social Events**

After the Chicago Marathon, there are two social events taking place that day.

First, Josh and Mesh will be hosting a post-race get together at their house (4234 North Winchester, Chicago), from around noon to 3pm. There will be coffee, beer, bagels, and a shower available (please bring your own towel). RSVP by the evening of Wednesday, October 4<sup>th</sup>, either to the email Jenny sent out or at [meshchicago@hotmail.com](mailto:meshchicago@hotmail.com)

A second event will be held at Brian and Meg's at 212 Albert Drive, Vernon Hills. Celebrate with food and drinks from 4pm to ????? RSVP by the evening of Wednesday, October 4<sup>th</sup>, either to the email Jenny sent out or to Brian at [bdwakefi2000@yahoo.com](mailto:bdwakefi2000@yahoo.com)

Thanks Mesh, Josh, Meg and Brian for hosting!

And thanks to all of our contributors. Good luck to those racing or pacing at the Chicago Marathon, to Trey at Kona, and to all other racers!

